

Topics of FDP:

Day 1 - Go Getter

Day 2 - Emotional Intelligence

Day 3 - Inclusive Leadership

Day 4 - Creating Power setter

Day 5 - Job Provider

SL.NO	Time	Session	Resource person
Day 1	9.30 AM - 10:00AM	Welcome Address Ice Breaker	Pof .Dr S.ShanmugaPriya Principal St Bonnie White college of Nursing Salem
	10:00-11:00	Understanding the Go Getter Mindset Self motivation, confidence & Resilience	Interactive Lecture
	11:00-11:15	Tea Break	Break
	11:15-12:15	Time management & Decision making Goal setting & Vision Mapping	Brain storming
	12:15-1:00	Overcoming Fear & Self Doubt	Case Discussion
	1:00-2:00	Lunch break	Break
	2:00-3:00	Overcoming obstacles & sustainment	Practical tools
	3:00-4:00	Action Planning & reflection	Individual task & Sharing

SL.N O	Time	Session	Resource person
Day 2	9.30 AM - 10:00AM	Welcome Address & Energizer	1.Dr Darshan Shetty Consultant,Neuropsychologi st,Dementia India Allowance,Bengaluru 2.Dr Pramod Kumar B Psycholgist,Dementia India Allowance, Bengaluru
	10:00-11:00	Foundations of Emotional Intelligence	Interactive Lecture & PPT
	11:00-11:15	Tea Break	Break
	11:15-12:15	Self Awareness & Self Regulation	Self Assessment Tool
	12:15-1:00	Empathy & Social skills	Discussion
	1:00-2:00	Lunch break	Break
	2:00-3:00	Managing Conflict & Stress	Case Studies
	3:00-4:00	EI in Academic Leadership	Group discussion & Reflection

SL.NO	Time	Session	Resource person
Day 3	9.30 AM - 10:00AM	Welcome Address & Reflection Circle	Dr Ramai P Vice Principal, Professor & HOD-Dept-Medical Surgical Nursing Sri Siddhartha College of Nursing, Tumkur
	10:00-11:00	Principles of Inclusive Leadership	Lecture & videos
	11:00-11:15	Tea Break	Break
	11:15-12:15	Diversity, Equity & Belonging in campus	PPT
	12:15-1:00	Removing Bias in Decision Making	Case Analysis
	1:00-2:00	Lunch break	Break
	2:00-3:00	Inclusive Communication Strategies	Activity
	3:00-4:00	Designing an Inclusive Action Plan	Group task

SL.N O	Time	Session	Resource person
Day 4	9.30 AM - 10:00AM	Welcome Address & Energizer	Mr Syam Mohan Lal Associate Professor Dept-Medical surgical Nursing
	10:00-11:00	What is a Power Setter	Concept session
	11:00-11:15	Tea Break	Break
	11:15-12:15	Building Influence & Personal Branding	Lecture & activity
	12:15-1:00	Accountability & Performance Metrics	Practical framework
	1:00-2:00	Lunch break	Break
	2:00-3:00	Strategic Thinking & Decision Making	Simulation
	3:00-4:00	Developing personal Impact Roadmap	Action Plan

SL.N O	Time	Session	Resource person
Day 5	9.30 AM - 10:00AM	Welcome Address & Vision Sharing	Dr S.Vijayamalar Professor HOD-Dept- Community Health Nursing
	10:00-11:00	From Job Seeker to Job Provider Mindset	Lecture & discussion
	11:00-11:15	Tea Break	Break
	11:15-12:15	Innovation & Opportunity Identification	Brainstorming
	12:15-1:00	Designing Sustainable Ventures in Education	Case studies
	1:00-2:00	Lunch break	Break
	2:00-3:00	Financial & Resource Planning Basics	Practical session
	3:00-4:00	Group activities & valedictory	Group presentation